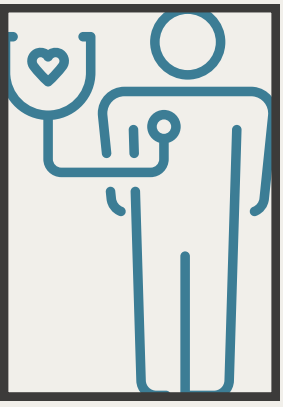


The Impact of Victimization

Criminal victimization can be a frightening and unsettling experience for many Canadians. It is unpredictable, largely unpreventable and often unexpected.

Unlike normal life experiences, victimization is not sought out and never welcomed. Its effects can often be long-term and difficult to overcome.





The Physical Impact

Shaking, nausea, or a rapid heartbeat – both immediately and over time, with some symptoms triggered by memories of the event. Victims may also suffer visible or hidden injuries, chronic pain, fatigue, or long-term health effects.



The Emotional Impact

Shock, anger, fear, guilt, and grief – all valid and vary from person to person. These intense emotions are natural responses to trauma and can persist over time.



The Psychological Impact

Victimization can be profound and long-lasting, often involving stages of shock, disorganization, and gradual adjustment. High stress may impact thinking, emotions, and relationships, with recovery timelines varying greatly from person to person.



The Financial Impact

Property loss, medical expenses, legal costs, and job disruption. These burdens can have long-term effects on individuals, families, and communities.



The Social Impact

Financial strain, social isolation, and emotional distress. Insensitive treatment or institutional failures– known as secondary victimization– can deepen trauma, particularly when victims are dismissed, blamed, or betrayed by trusted figures.

After Victimization

What To Know

Charges aren't always laid after a crime— this doesn't mean you're not believed, but often reflects a lack of evidence to meet legal standards.

Plea deals may also reduce charges or sentences, leaving many victims feeling unheard.

After a crime, victims need safety, emotional support, and clear information about what to expect next.



Recovering From Victimization

Putting the pieces of one's life together following a crime is a complicated task.

The healing process is often slow and can be complicated by friends, family and service providers who may not show understanding.

Need support?

Contact the CRCVC at:
1-877-232-2610
or visit www.crcvc.ca

**Patience and time are
important factors in the
healing process.**

